

RADIATION ONCOLOGY GUIDE

A PATIENTS
GUIDE TO
UNDERGOING
RADIATION
THERAPY.



OHC

SPECIALISTS IN CANCER
AND BLOOD DISORDERS



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Patient Name: _____

Doctor Name: _____

**WHEN
YOU HEAR
THE WORD
CANCER,
START HERE.**



At OHC, the search for new treatments is relentless, the drive to provide superior care runs deep and the fight against cancer is personal.

For more than 35 years, our independent, physician-led practice is recognized for going beyond clinical excellence, providing unrestricted personal support and genuine emotional care in familiar neighborhood locations throughout the region. At OHC:

- Renowned experts aggressively attack your individual cancer with every possible strategy.
- OHC is the first - and most experienced - certified adult cancer group in the region to bring the revolutionary immunotherapy treatment CAR-T for adults, ushering in a new frontier in the fight against cancer.
- Our in-house, nationally-recognized cancer research and clinical trials team is engaged in a passionate search for innovative treatment options.
- OHC is one of only a select few cancer practices nationally to be accepted to participate in the Oncology Care Model, part of The Center for Medicare & Medicaid Innovation.
- Navigators and counselors help you navigate your disease, understand your finances, identify the support you need and help you gain power over cancer's impact on your life.

OHC is the region's premier source of treatment for nearly every form of adult cancer and complex blood disorder. At its heart, our approach to cancer care is simple - to surround you with everything you need so you can focus on what matters most: beating cancer.



YOUR HEALTHCARE TEAM

My OHC Radiation Oncology Doctor

Name: _____

Phone Number: _____

Fax Number: _____

My OHC Medical Oncology Doctor

Name: _____

Phone Number: _____

Fax Number: _____

My OHC Gynecologic Oncology Doctor

Name: _____

Phone Number: _____

Fax Number: _____

My Advanced Practice Provider

Name: _____

Phone Number: _____

Fax Number: _____

My Nurse Navigator

Name: _____

Phone Number: _____

Fax Number: _____

My Financial Navigator

Name: _____

Phone Number: _____

Fax Number: _____

My Primary Care Doctor

Name: _____

Phone Number: _____

Fax Number: _____

My Pharmacy

Name: _____

Phone Number: _____

Fax Number: _____

My Mail Order Pharmacy

Name: _____

Phone Number: _____

Fax Number: _____

My Home Health Agency

Name: _____

Phone Number: _____

Fax Number: _____

My Preferred Hospital

Name: _____

Phone Number: _____

Fax Number: _____

“Call Us Early. Call Us First” Nurse Triage Program

Remember, when you experience side effects or symptoms, it is important to contact OHC’s “Call Us Early. Call Us First” triage nurses at 1-888-649-4800, 7:00 a.m. – 5 :00 p.m., Monday – Friday. Patients share their symptoms and are immediately assessed by an oncology-trained nurse who helps them determine which option is best for their care: a same day office visit with a doctor, a weekend office visit, and/or counseling over the phone. We encourage patients to call OHC before going to the emergency room or urgent care clinic, even if it is after hours or on weekends.

You can count on the expertise and support of a variety of professionals at OHC. Below is a description of their roles.

OHC HEALTHCARE TEAM

Advanced Practice Providers

Advanced practice providers are medical providers with a master's degree or higher who can diagnose and treat patients. They are an integral part of your healthcare team who help with the development and implementation of your personalized treatment plan. You may see an advanced practice provider at your treatment visits and follow-up visits.

Call Us Early. Call Us First Triage Nurses

These are oncology-trained nurses who answer your phone calls and help you manage your symptoms and side effects related to your treatment. They are available Monday-Friday from 7:00 am – 5:00 pm.

Cancer Genetic Specialists

OHC Cancer Genetic Specialists are specially-trained advanced practice providers who analyze your personal and family history to determine if there is a risk for a hereditary cancer syndrome. They provide counseling and recommendations.

Clinical Practice and Business Managers

These team members help direct many aspects of patient care including quality initiatives, payor reform, process improvement, and value-based care. They are at the forefront of emerging therapies and work to make them available to patients through OHC.

Dosimetrists

A dosimetrist is a medical professional who is the analytical member of your radiation team. They are an integral part of your team who determines the calculations for the accurate delivery of the prescribed radiation dose. They ensure that the radiation treatment provides the most effective radiation dose with the fewest side effects possible.

Financial Navigators

OHC financial navigators surround you with the tools, education and assistance you need to help reduce the stress of finances. Our financial navigators can help you identify financial assistance programs that may help you cover some of your costs. They help you with financial questions and concerns, including billing, financial assistance, or payment plans.

Gynecologic Oncologists

Gynecologic oncologists are specialists in the field of medicine that focuses on cancers of the female reproductive system, including ovarian cancer, uterine cancer, vaginal cancer, cervical cancer, and vulvar cancer. They also collaborate with a multidisciplinary team of OHC cancer specialists to create the most optimal and personalized treatment plan for you based on your individual diagnosis. Your OHC care team will guide you along each step of care, from diagnosis through treatment and survivorship.

Medical Assistants

Medical personnel who meet with you at the beginning of each visit to welcome and guide you. They schedule diagnostic tests, assist with procedures and draw blood samples.

OHC HEALTHCARE TEAM CONT.

Medical Oncologists

This doctor specializes in the field of cancer and blood disorders. OHC's team of medical oncologists are highly-trained doctors who coordinate all immunotherapy, targeted therapy, chemotherapy, hormonal therapy and clinical trials. They collaborate with a multidisciplinary team of OHC cancer specialists to create the most optimal and personalized treatment plan for you based on your individual diagnosis. Your OHC care team will guide and support you each step of the way, from diagnosis through treatment and survivorship.

Medical Physicists

These professionals are an integral part of your radiation team. They use their knowledge and expertise to review your prescribed plan of care, following quality assurance and safety guidelines. They also confirm the calculations have been accurately entered into the system.

Nurse Navigators

Nurse navigators are registered nurses who work directly with you, your caregiver and other members of your health care team to navigate you through diagnosis, treatment and follow-up. They are expert oncology nurses who have the skill and knowledge to provide patient and family education and respond to your questions or concerns related to your treatment and care.

OHC Pharmacists

OHC pharmacists specialize in cancer-related medications and treatments. They work directly with your OHC doctors, advanced practice providers, nurses and other members of your care team. They provide education and are available to answer your questions. They also direct the OHC Specialty Retail Pharmacy, which is available to all OHC patients.

Patient Account Services Representatives

These representatives perform the insurance filing and billing of services provided by OHC. They are available to answer any questions or concerns you may have regarding these services.

Radiation Oncologists

This is your doctor who specializes in the field of radiation. OHC's team of radiation oncologists are highly-trained doctors who prescribe how much radiation you will receive and plan how your treatment will be given. Your radiation oncologist will collaborate with a multidisciplinary team of OHC cancer specialists to create a personalized treatment plan for you based on your individual diagnosis. Your OHC care team will guide you along each step of care, from diagnosis through treatment and survivorship.

Radiation Oncology Registered Nurses

These nurses have specialized training in radiation therapy and support you and your caregivers before, during and after radiation treatment. They assess your overall health, provide education for you and your family, help you navigate the treatment process, assist with symptom management and offer support.

Radiation Therapists

Radiation therapists work in collaboration with your radiation oncologist, dosimetrist and medical physicist and administer your prescribed radiation treatment plan. They will be near you throughout treatment to monitor you for side effects, tolerance and safety. They also perform the CT scans needed to administer your treatment.

OHC HEALTHCARE TEAM CONT.

Receptionists/Schedulers

Receptionists/schedulers are office personnel who answer your telephone calls and schedule your appointments at OHC. **Remember, it is very important to schedule your follow-up appointments and notify us immediately if you must cancel your appointment.**

Research Nurses

Research nurses are registered nurses with special training who work directly with your doctor to coordinate treatment and help navigate your care when participating in a clinical trial. They provide education about the trial, review responsibilities while on the study, and explain what to expect during and after the course of care.

Supportive Care Team Leads

These advanced practice providers complete special training to work with you, your family, and your healthcare team when you need a deeper, comprehensive assessment of your treatment goals, symptom management, your quality of life and advanced directive preferences. The supportive care team also works closely with community resources to help with emotional, social and spiritual needs.

Volunteers

Volunteers are key members of the OHC family who work alongside our staff to help make a difference by providing comfort, hope and support to our patients and their families. Many of our volunteers are former patients who understand what it's like to go through a cancer diagnosis and treatment, and they want to be of support for other patients.

WHAT IS RADIATION THERAPY?

Radiation therapy is a type of cancer treatment that uses beams of intense energy to destroy or slow the growth of cancer cells and shrink tumors. There are two types of radiation therapy: external radiation and internal radiation. The type of radiation therapy that you may receive depends on many factors, including:

- The type of cancer
- The size of the tumor
- The tumor's location in the body
- How close the tumor is to normal tissues that are sensitive to radiation
- Your general health and medical history
- If you will have other types of cancer treatment
- Other factors, such as your age and other medical conditions

External Radiation

External radiation, also referred to as external beam radiation therapy (EBRT), is a beam of radiation administered to a precise part of the body, using a machine called a linear accelerator that aims radiation at your cancer. The machine delivers radiation from any angle and shapes radiation beams to the contour of your tumor. The machine moves around your body without touching you delivering high-energy rays from outside the body into the tumor. EBRT is a local treatment, which means it treats a specific part of your body. For example, if you have cancer in your lung, you will have radiation only to your chest, not to your whole body.

Internal Radiation

Internal radiation therapy is a treatment in which a source of radiation is put inside your body. The radiation source can be solid or liquid. In this type of treatment, also known as brachytherapy, a radiation source is placed in your body, in or near the tumor. Like external beam radiation therapy, brachytherapy is a local treatment and treats only a specific part of your body. With brachytherapy, the radiation source in your body will give off radiation for a while.

Internal radiation therapy with a liquid source is called systemic therapy. Systemic means that the treatment travels in the blood to tissues throughout your body, seeking out and killing cancer cells. A patient receives systemic radiation therapy through an injection. With systemic radiation, your body fluids, such as urine, sweat, and saliva, will give off radiation for a while.

WHAT HAPPENS AFTER I'M TOLD I NEED RADIATION THERAPY?

Your OHC doctors and staff will guide you through each step of the radiation treatment process, from initial consultation to the development of your personalized treatment plan to follow-up care. These steps include:

1. Consultation – Your radiation oncologist will meet with you to discuss your individualized care plan. You will see your radiation oncologist at the office, during which radiation treatments will be discussed. At this visit, be sure to tell your doctor or nurse any medications you are currently taking. An appointment will be made for your planning session, known as simulation. This is sometimes performed on the same day.

2. Simulation – Simulation is when a CT scan is performed to mark your body, creating a map of your treatment area. The simulation visit will take about one hour. Your health care team will discuss any preparations that may be needed for this visit at the time your appointment is made. You will also be asked to sign a consent form agreeing to your treatment if one was not completed during your consultation.

During simulation, marks will be made on your skin and covered with clear tape for protection. These marks are preliminary and may not represent the actual treatment area. Please do not wash off the marks until a member of your healthcare team gives you permission to do so. However, the marks are waterproof, so you may continue to shower. In some cases, immobilization devices may be made during this visit to assist with your positioning on the table for daily treatment. These devices may vary from a mask made of your face to a vacloc bag that will be molded around your body. The

devices needed on this day will depend on the location of the area to be treated.

3. Personalized Treatment Planning – Your radiation oncologist will determine the exact area of your body to be treated and the amount of radiation necessary. They will work with the dosimetry and physics staff to develop the best treatment plan to treat your tumor.

4. Verification Simulation Day – This is a procedure performed before your first radiation treatment. This visit may also be referred to as “film day”. You will be positioned on the treatment table exactly how you were on the day of your simulation and the team will use the marks on your skin. The radiation therapist will take x-rays (films) and/or cone beam CT images of the area to be treated. After the films have been taken to verify your treatment area, your radiation oncologist will review the images. New markings will be made, and a photograph will be taken for your medical record. You will still be responsible for maintaining the markings and ensuring they stay on your skin throughout treatment. (A team member will explain how in detail during your visit.) On occasion, your radiation oncologist will request that treatment be delivered on the same day as your verification simulation. If this is the case, you can expect to be on the treatment table longer on this day.

5. Radiation Treatment – Your radiation therapy will be administered over a course of one to eight weeks, depending on your personalized treatment plan. It may begin within a few days. In some cases, it may be up to two weeks from the time of simulation. This time frame will allow your radiation oncologist and the physics team to complete the treatment planning portion of your radiation therapy plan.

We will arrange a specific treatment time for you and will try to schedule your daily appointments at a time that is convenient for you. If you need to change your treatment time, please speak with one of your health care team members. Your radiation therapist will notify you of any holidays on which you will not receive treatments.

Each time you arrive for radiation therapy you will be helped onto the treatment table. The radiation therapist will utilize your skin marking to position you for treatment. After the therapist has positioned you on the table, he or she will leave the room. Be assured that the radiation therapist will be in contact with you at all times through a two-way intercom system and will monitor you through a closed-circuit television. Actual treatment time may only take only a few minutes, but you may spend 15-30 minutes in the treatment room in preparation for treatment. You will be coached to relax, hold still, and breathe normally. You will not feel any pain from the radiation treatments. If you should have

any problems, the radiation therapist will turn off the machine immediately and come into the room. The radiation stops when the machine is turned off.

6. Weekly visits with your OHC doctor – Your doctor will examine you and review your progress once a week. Your advanced practice provider, radiation oncology registered nurse and medical assistant will also see you during this time. They will work closely with you and your doctor to help manage any side effects you may have. This is also the best time to request any refills for medications that you may need for management of side effects. Narcotics cannot be filled after office hours, on the weekends, or holidays by the doctors who are on-call.

7. Follow-up and survivorship plans – Once you have finished your treatment, your advanced practice provider will schedule a survivorship appointment. During this appointment, they will work with you to develop a personalized follow-up care plan that will include information about your next steps and goals for achieving wellness. This will include reviewing your diagnosis, the treatment you received, anticipated follow-up visits, screenings and tests, potential late side effects of treatment and their management, medications, nutrition and more. They can also suggest community resources as appropriate for your care. OHC works with many community organizations to connect patients and their families to additional resources.



WHO WILL ADMINISTER MY RADIATION THERAPY?

The radiation therapist, who is specifically trained in radiotherapy, will deliver your prescribed treatment and will assist you before and after your treatment. The radiation oncology registered nurse and medical assistant will explain and help you manage the side effects of your treatment.

WHAT TYPES OF RADIATION THERAPY ARE AVAILABLE AT OHC?

You and your OHC radiation oncologist will determine which type of treatment is best for your diagnosis. This may include:

Accelerated Partial Breast Irradiation

Accelerated Partial Breast Irradiation, also known as brachytherapy for breast cancer, targets only the part of the breast where the cancer was found. It is a system used to deliver internal radiation therapy after surgery to remove the cancer. After surgery, an applicator is inserted into the empty space left by the surgery. The end of the applicator is expanded to fill the space. Using a catheter, radioactive seeds are run through end of the applicator twice a day for five days and removed each time. Once treatment has ended, the applicator is collapsed and removed.

3-D Conformal Radiation Therapy

3-D conformal radiation therapy is a three-dimensional (3D) cancer treatment that shapes the radiation beams to match the shape of the tumor. In the past, radiation beams only matched the height and width of the tumor, exposing healthy tissue to radiation. Advances in imaging technology, like 3D conformal radiation therapy, have made it possible to locate and treat the tumor more precisely while avoiding the healthy surrounding tissue.

Cesium-131 Brachytherapy

For patients diagnosed with a brain tumor that is cancerous, Cesium-131 Brachytherapy may be an effective option. Brachytherapy is an innovative cancer treatment that places radiation directly inside the tumor. Cesium-131 seeds are the size of a grain of rice and release a personalized radiation dose over a period of days. This provides effective treatment while minimizing damage to nearby tissue, and thereby limiting side effects.

CyberKnife® Robotic Radiosurgery System

OHC is the region's leader and only provider in the use of CyberKnife, which delivers stereotactic body radiosurgery therapy (SBRT) for prostate cancer. CyberKnife is an incision-free robotic procedure that delivers high doses of radiation with laser-like accuracy and fewer treatments to control or destroy a tumor. OHC radiation oncologists use image-guided cameras to locate the tumor's position and remain locked on the target throughout the procedure, which allows CyberKnife to correct for movement during treatment.

Gamma Knife® Radiosurgery

OHC is the only cancer group in the region treating brain cancer using Gamma Knife ICON™, a technique called stereotactic radiosurgery (SRS), which is used to treat used tumors, vascular malformations and other abnormalities in the brain. Approximately 200 tiny beams of high-intensity gamma rays are delivered to the targeted area(s). With its extreme accuracy, there is minimal damage to healthy tissues surrounding the target. This ultra-high precision procedure is

computer-guided and involves a multi-disciplinary team of experts, including a radiation oncologist and neurosurgeon. Treatment takes anywhere from several minutes to a few hours to complete depending on the shape and size of the target.

HDR Brachytherapy

OHC doctors use high dose radiation (HDR) brachytherapy, also called internal radiation therapy, to treat several types of cancer. With brachytherapy, a small catheter is inserted directly into a tumor or the area from which the tumor was removed. A radioactive source is then inserted into the catheter and targeted radiation is delivered directly at the site of the tumor. HDR allows your OHC doctor to deliver a higher dose of radiation to treat a smaller area.

Image Guided Radiation Therapy (IGRT)

Doctors at OHC use the highly-advanced precision and accuracy of image-guided radiation therapy (IGRT). IGRT is designed to treat tumors in the lungs, liver, and prostate gland, and tumors located close to critical organs and tissues. Radiation therapy machines are equipped with imaging technology that allow your OHC doctor to get a picture of the tumor before and during treatment. By comparing these pictures, your OHC doctor adjusts your position and/or the radiation beams to more precisely target the radiation dose to the tumor.

Intensity-Modulated Radiation Therapy (IMRT)

Doctors at OHC use intensity-modulated radiation therapy (IMRT), an advanced mode of high-precision radiotherapy that uses linear accelerators to safely and painlessly deliver precise radiation doses to a tumor while minimizing the dose to surrounding healthy tissue.

Radiopharmaceuticals

Radiopharmaceutical therapy (RPT) is a safe and effective targeted approach to treating many types of cancer. In RPT, radioactive drug compounds deliver radiation directly to the cancer cells to kill them while sparing healthy surrounding cells. Because radiopharmaceuticals target only cancer cells, there is minimal toxicity, meaning there is a lower risk for both short and long-term treatment side effects. OHC doctors use the radiopharmaceutical, Xofigo (the brand name for Radium 223), to treat prostate cancer that no longer responds to treatments designed to lower testosterone. It is for men whose prostate cancer has spread to the bone but not to other parts of the body.

Stereotactic Body Radiation Therapy (SBRT)

Stereotactic body radiation therapy (SBRT) is a type of external radiation therapy that OHC doctors use to position a patient and precisely deliver radiation to tumors in the body (except the brain). The total dose of radiation is divided into higher doses and administered over fewer days. This type of radiation therapy helps spare normal tissue. SBRT has become an increasingly common option for patients who have smaller tumors, whose disease is not surgically accessible, whose disease is too advanced for surgery, or who cannot tolerate anesthesia.

Stereotactic Radiosurgery (SRS)

Stereotactic radiosurgery (SRS) is a type of external radiation therapy (not surgery) that OHC doctors use to position a patient and precisely administer a single large dose of radiation to a tumor. It is used to treat brain tumors and other brain disorders that cannot be treated by regular surgery.

TheraSphere®

For patients with liver cancer, OHC radiation oncologists offer TheraSphere, a targeted method of delivering radiation through tiny glass beads. The radioactive glass beads are only about 20-30 micrometers in diameter — about a third of the width of a human hair — and are delivered directly into the liver tumor. Each bead contains radioactive material to attack the tumor with minimal impact to the surrounding healthy tissue of the liver.

ARE THERE SIDE EFFECTS FROM RADIATION THERAPY?

Frequent side effects related to radiation therapy are generally limited to the specific area of the body receiving treatment. For example, temporary hair loss may occur only in the radiation treatment area, and not over the entire body. If you receive radiation therapy to the prostate, your lungs will not be affected by this treatment.

Side effects from radiation therapy are generally classified as either early or late. Early side effects occur during or immediately after radiation therapy. The more common early side effects may include skin reactions (redness, swelling, dryness, pain, peeling, sloughing), decreased blood cell counts, dry mouth, difficulty swallowing, nausea/vomiting, and diarrhea. The side effects you may expect will depend on the physical location of the radiation treatments. Severity of early side effects is not a predictor of later responses.

Late side effects may occur months to years after radiation therapy. Your radiation oncology team will explain the specific side effects you may experience with your treatment plan, as well as any needed follow-up or monitoring.

Side effects of radiation therapy include:

- **Fatigue**
- **Hair Loss**
- **Skin Irritations and Changes**
- **Loss of Appetite**



FATIGUE

Fatigue is characterized by a general feeling of tiredness, weariness, weakness, exhaustion, or lack of energy. It can have numerous causes, both physical and emotional. If left unattended, fatigue can prevent you from leading a normal, active life or even feeling strong enough to come in for your treatment.

There are two types of fatigue: acute and chronic. Acute fatigue can occur quickly but lasts a short time. It is usually associated with illness and some types of treatment. You can help relieve acute fatigue by limiting your activities and getting plenty of rest. Chronic fatigue is more serious and can last longer. It is usually due to an accumulation of physical, emotional, or “situational” factors and is not as readily relieved or eliminated as acute fatigue. Chronic fatigue can rob your body of precious energy that is needed for your health and well-being, making it difficult for you to function in roles that give meaning and value to life.

TREATING FATIGUE

Recognizing the cause is the first step in treating fatigue. If you try to understand the source of your fatigue, you and your doctor will be better prepared to treat it. Then, once you understand why you are feeling fatigued, you can take steps to treat it.

- **Rest** – Give yourself permission to rest whenever you feel tired. During the day, several short naps can be refreshing and help boost your energy level.
- **Exercise** – Mild exercise, even a short walk, can be energizing. Remember not to overdo it; keep a balance between activity and rest. At night, go to bed earlier or sleep later in the morning, if possible.
- **Treat pain** – If pain is contributing to fatigue, tell your care team. They can help treat your pain.
- **Treat constipation and diarrhea** – Constipation and diarrhea can also contribute to fatigue. Make sure you treat them promptly and thoroughly.
- **Eat a proper diet** – Make sure you enjoy a well-balanced diet of leafy green vegetables and foods with high iron and protein content, such as meats, cheeses, seafood, yogurt, cereals, nuts, and legumes. These foods will increase your blood's iron and protein levels, which may improve your energy. You may also want to include vitamin supplements and nutritional drinks in your diet. First, be sure to talk with your care team about the safest, most effective options for you.
- **Try relaxation and meditation techniques** – Try to focus your attention away from your treatment and the disease. Relaxation, meditation, quiet reflection, and visual imagery are helpful. Distractions, such as reading or listening to music, can help you relax and turn your thoughts away from the disease.
- **Communicate** – Do not carry the burden of fatigue or any side effects alone. Talk with your family and your care team about how you are feeling. There are many community support groups to help you. A comprehensive list can be found at ohcare.com, Patient Resources.

HAIR LOSS

Radiation therapy can cause hair loss on the part of the body that is being treated. Hair loss is called alopecia. Talk with your healthcare team to learn if the radiation treatment you will be receiving causes hair loss. They will share strategies that have helped others, including those listed below.

- Treat your hair gently. You may want to use a hairbrush with soft bristles or a wide-tooth comb. Do not use hair dryers, irons, or products such as gels or clips that may hurt your scalp. Wash your hair with a mild shampoo. Wash it less often and be very gentle. Pat it dry with a soft towel.
- Some people choose to cut their hair short to make it easier to deal with if it starts to fall out. Others choose to shave their head. If you choose to shave your head, use an electric shaver so you won't cut yourself. If you plan to buy a wig, get one while you still have hair, so you can match it to the color of your hair. If you find wigs to be itchy and hot, try wearing a comfortable scarf or turban.
- Protect and care for your scalp. Use sunscreen or wear a hat when you are outside. Choose a comfortable scarf or hat that you enjoy and that keeps your head warm. If your scalp itches or feels tender, using lotions and conditioners can help it feel better.
- Talk about your feelings. Many people feel angry, depressed, or embarrassed about hair loss. It can help to share these feelings with someone who understands. Some people find it helpful to talk with other people who have lost their hair during cancer treatment. Others find support from family members. Be honest and open with them about your feelings.



SKIN IRRITATION AND CHANGES

There are some radiation treatments that may cause skin irritation in the treated area. If you experience skin irritation it will happen gradually and the more radiation treatments you have, the more the irritation can develop. Your skin might look red, irritated, swollen, blistered, sunburned, or tanned. After a few weeks, your skin might become dry, flaky, itchy, or it may peel. This dry, itchy skin is sometimes called radiation dermatitis. It's important to let your OHC healthcare team know about any skin changes. They can suggest ways to ease discomfort, lessen further irritation, and prevent infection.

These problems usually go away gradually after treatment ends. In some cases, though, the treated skin may worsen and will stay darker and might be more sensitive than it was before. You need to be gentle with your skin. Here are some ways to do this:

- Do not wear tight, rough-textured, or stiff clothes over the treatment area. This includes anything tight or elastic that squeezes the area. Instead, wear loose clothing made from soft, smooth fabrics. Do not starch your clothes.
- Do not rub, scrub, scratch, or use adhesive tape on treated skin. If your skin must be covered or bandaged, use paper tape or other tape for sensitive skin. Try to put the tape outside the treatment area, and don't put the tape in the same place each time.
- Do not put heat or cold (such as a heating pad, heat lamp, or ice pack) on the treatment area without talking to your cancer care team first.
- Use only lukewarm water and mild soap. Just let water run over the treated area. Do not rub. Also, be careful not to rub away the ink marks needed for your radiation therapy until it's done.
- Protect the treated area from the sun. Your skin may be extra sensitive to sunlight. If possible, cover the treated skin with dark-colored or UV-protective clothing before going outside. Ask your cancer care team if you should use sunscreen. If so, use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Reapply the sunscreen often. Continue to give your skin extra protection from the sun, even after radiation therapy ends.
- Check with your cancer care team before shaving the treated area. They might recommend that you use an electric shaver.

Ask your healthcare team before using anything on the skin in the treatment area. This includes powders, creams, perfumes, deodorants, body oils, ointments, lotions, hair-removal products, or home remedies while you're being treated and for several weeks afterward. Many skin products can leave a coating on the skin that can cause irritation, and some may even affect the dose of radiation that enters the body.

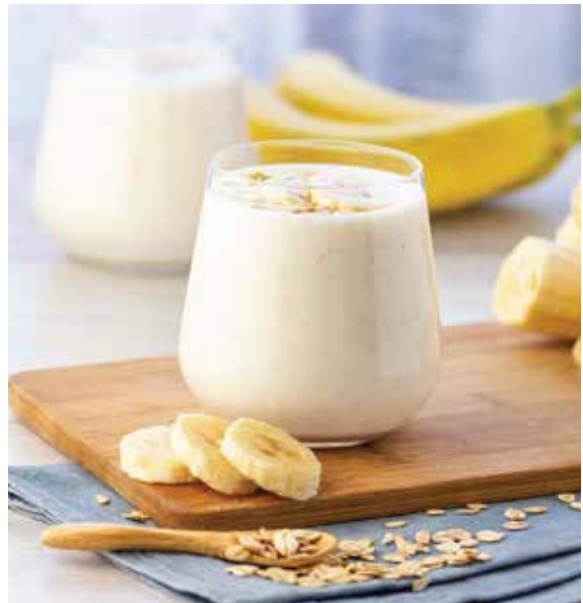
LOSS OF APPETITE

Some treatments may cause appetite changes. You may lose your appetite because of nausea, mouth and throat problems that make it painful to eat, or drugs that cause you to lose your taste for food. Appetite changes can also come from feeling depressed or tired. Appetite loss may last for a day, a few weeks or even months.

It is important to eat well, even when you have no appetite. Healthy eating habits promote healing. This means eating and drinking foods that have plenty of protein, vitamins and calories. Eating well helps your body fight infection and repair tissues that are damaged by radiation therapy. Not eating well can lead to weight loss, weakness and fatigue. Some cancer treatments cause weight gain or an increase in your appetite. Be sure to ask your doctor or nurse what types of appetite changes you might expect and how to manage them.

WAYS TO MANAGE APPETITE CHANGES

- Eat 5 – 6 small meals or snacks each day instead of 3 big meals. Choose foods and drinks that are high in calories and protein.
- Set a daily schedule for eating your meals and snacks. Eat when it is time to eat, rather than when you feel hungry. You may not feel hungry while you are receiving treatment, but you still need to eat.
- Drink milkshakes, smoothies, juice or soup if you do not feel like eating solid foods. Liquids like these can help provide the protein, vitamins and calories your body needs.
- Use plastic forks and spoons. Some types of treatment may give you a metal taste in your mouth. Eating with plastic can help decrease the metal taste. Cooking in glass pots and pans can also help.
- Be prepared for taste changes during treatment.
- Increase your appetite by doing something active. For instance, you might have more of an appetite if you take a short walk before lunch. Also, be careful not to decrease your appetite by drinking too much liquid before or during meals.
- Change your routine. This may mean eating in a different place, such as the dining room rather than the kitchen. It can also mean eating with other people instead of eating alone. If you eat alone, you may want to listen to the radio or watch TV. You may also want to vary your diet by trying new foods and recipes.
- Talk with your doctor or nurse. He or she may want you to take extra vitamins or nutritional supplements (such as high protein drinks). If you cannot eat for a long time and are losing weight, you may need to take medications that increase your appetite or receive nutrition through an IV or feeding tube.



MEDICATION REFILLS

Please monitor your medications closely to avoid a delay in refilling your prescription medications. We recommend you check the status of your medications before each office visit, so you can ask for refills while you are in the office. Between visits, you can request a refill by calling:

- Your pharmacy.
- Our OHC Specialty Retail Pharmacy at 513-936-5376.
- Our office during regular office hours at 1-888-649-4800.



OHC Specialty Retail Pharmacy

For your convenience, OHC offers specialized pharmacy services exclusively to OHC patients, representing an unmatched benefit to you that is integrated with OHC's commitment to comprehensive care and patient safety.

OHC pharmacists are members of your care team who work directly with your OHC doctors, advanced practice providers, and nurses to ensure the proper selection, distribution, administration and monitoring of your medications. They provide education and are available to answer your questions.

We put special emphasis on supporting you throughout your treatment and are committed to providing you with specialized, high-quality, cost-effective and convenient care. We will help you navigate through insurance authorizations and financial issues to make sure you get the medication you need. Working with OHC, you can be confident that you have a team of highly skilled, caring professionals on your side helping you through each step of treatment and recovery.

Benefits of the OHC Specialty Retail Pharmacy include:

- Knowledgeable pharmacists specializing in cancer-related medications.
- Pharmacists are available to answer your questions.
- Your medications can be delivered to you at home at no charge or can be picked up at the OHC Blue Ash office.
- Most major insurance plans are accepted but please let us check for you to confirm.
- Financial assistance and expertise in obtaining co-pay assistance for those who need it.
- Oral chemotherapy as well as anti-nausea and other supportive medications are filled on-site at the OHC Blue Ash office.
- Reminder phone calls and direct communication with pharmacists for prescription refills.

The OHC Specialty Retail Pharmacy is located at 4350 Malsbary Road in Blue Ash and serves all OHC patients who use all OHC offices. Phone: 513-936-5376. Hours: Monday-Friday, 8:30 a.m. - 5:00 p.m.

Pain medication refills

Due to federal laws and pharmacy regulations, most prescriptions for narcotics or controlled substances, such as pain medication, must be written and signed by a doctor during normal business hours. We are unable to call in these types of prescriptions to the pharmacy. These prescriptions must be picked up at the doctor's office during business hours by you or an authorized family member or friend. Anyone picking up your prescriptions must be listed on your personal health information disclosure list to assure privacy and confidentiality is maintained. Pain medications are not filled after office hours or on the weekends. Check your pain medication supply every Wednesday to assure you have enough to cover your needs through the next week. Please note, if a holiday falls on a weekday and our office is closed, we are unable to fill pain medication prescriptions.

Refills by phone

When calling the office, remember to have your pharmacy telephone number available for refills or new medications being prescribed. Please have an alternate pharmacy number available if your primary pharmacy is not open 7 days a week, 24-hours a day.

WILL I BECOME RADIOACTIVE AFTER GETTING RADIATION THERAPY?

External Radiation Therapy

During external-beam radiation therapy, you do not become radioactive. And the radiation remains in the treatment room.

Internal Radiation Therapy

Internal radiation therapy as well as systemic radiation therapy can cause the patient to give off radiation. Your OHC doctor will discuss what safety measures you should follow. This may include:

- Do not visit the patient if you are pregnant or younger than 18.
- Stay at least 6 feet from the patient's bed.
- Limit your stay to 30 minutes or less each day.
- Wash your hands thoroughly after using the toilet.
- Use separate utensils and towels.
- Drink plenty of fluids to flush the remaining radioactive material from the body.
- Avoid sexual contact.
- Minimize contact with infants, children and pregnant women.
- Decrease your contact time with your pet.

OHC
CARES



We hope the information in this booklet is helpful for you and your family. If you have additional questions, please do not hesitate to contact our office.

Notes: _____



OHC Specialties Include

Blood and Bone Marrow Transplant
CAR T-Cell Therapy
Cellular Therapy and Clinical Trials
Cancer Research
Cancer Genetic Program
Gynecologic Oncology
Hematology
Medical Oncology
Neuro-Oncology
Specialty Retail Pharmacy
Radiation Oncology
Supportive Care Program

OHC

SPECIALISTS IN CANCER
AND BLOOD DISORDERS

For more information, call
513-751-CARE (2273)
1-888-649-4800
ohcare.com

